



MISSISSIPPI VALLEY STATE
UNIVERSITY

VALLEY
IN MOTION

FITNESS

INCENTIVES

Million Step Challenge

300,000 steps → Earbuds

600,000 steps → Water Bottles

900,000 steps → Salad Shaker

1,200,000 steps → T-Shirt

1,500,000 steps → Cable Wrap

1,800,000 steps → Yeti-like Tumbler

2,100,000 steps → Duffle Bag



Made Possible Through A Grant From



**Blue Cross & Blue Shield of
Mississippi Foundation**